

# PLYMOUTH FITNESS

## GROUP EXERCISE SCHEDULE

EFFECTIVE 12/10/2025

### MONDAY

7:00AM - POWER SWEAT  
HDZ w/ Lisa  
8:00AM - BOOT CAMP BURN  
GRX w/ Jean  
9:00AM - SMART POWER  
GRX w/ Marlene  
10:00AM - MOBILITY AND STABILITY  
GRX w/ Ashley  
10:00AM- AQUAFIT  
Pool w/ Kelly  
11:00AM - LATIN LINE DANCING  
GRX w/ John P.  
4:30PM - SG RENEW & RESTORE  
GRX w/ Ashley  
5:30PM- 30 MINUTE CORE CRUSHER  
GRX w/ Rotating Staff  
6:00PM -SPIN  
SR w/ Lauren M.

### TUESDAY

6:30AM - SPIN  
SR w/ Gary  
7:00AM - HIIT  
HDZ w/ Lisa  
8:00AM - BOOT CAMP BURN  
GRX w/ Jean P.  
9:00AM -H2O POWER  
Pool w/ Marlene  
9:00AM -SG PILATES MAT W/ TRX  
Pool w/ Pam  
10:00AM - CARDIO DANCE  
GRX w/ Karen  
5:00PM - HIIT  
HDZ w/ Devon  
5:30PM - GROUP FIGHT  
GRX w/ Emilie  
6:30PM - YOGA  
GRX w/ Shawn  
6:30PM - H2O BOOTCAMP  
Pool w/ Jean M

### WEDNESDAY

6:30AM - RIDE AND GRIND  
SR w/ Lauren M.  
8:00AM- BOOT CAMP BURN  
GRX w/ Jean  
9:00AM- MOBILITY AND STABILITY  
GRX w/ Pam  
10:00AM- MAT PILATES  
GRX w/ Marlene  
11:00AM-CHAIR STRETCH FLEX & TONE  
GRX w/ Marlene  
11:00AM-H2O POWER  
Pool w/ Kelly M.  
5:00PM- ALL LEVELS FLOW YOGA  
GRX w/ Meg  
5:30PM-SG PEDAL & PUSH  
SR w/ Missy  
6:00PM- SMART POWER  
GRX w/ Marlene

### THURSDAY

6:00AM- BREAKFAST SCRAMBLE  
HDZ w/ Evan  
7:00AM-HIIT  
HDZ/GRX w/ Lauren M.  
8:00AM- CYCLE X  
SR w/ Zach and Lauren M.  
9:00AM- H2O POWER  
Pool w/ Marlene  
9:00AM- SG CIRCL MOBILITY  
GRX w/ Karen  
10:00AM- CARDIO DANCE AND TONE  
GRX w/ Deb R.  
5:00PM- SG MINDFUL MOVEMENT  
B&S w/ Jane  
5:30PM- SPIN  
SR w/ Emilie  
5:30PM- ZUMBA  
GRX w/ Vanessa  
6:30PM- AQUA PUMP  
Pool w/ Marie

7:00AM- SPIN  
SR w/ Emilie  
8:00AM- SMART POWER  
GRX w/ Julie S.  
8:00AM-SMART HIIT  
HDZ w/ Julie W.  
9:00AM- SMART HIIT  
HDZ w/ Marlene  
9:00AM- CHAIR STRETCH FLEX & TONE  
GRX w/ Julie S.  
10:00AM- MAT PILATES  
GRX w/ Marlene  
10:00AM- AQUAFIT  
Pool w/ Marie S.

### SATURDAY

6:10AM SPIN  
SR w/ Gary  
7:00AM-HIIT  
HDZ w/ Nate and Ashley  
8:00AM- F.A.C.T.  
HDZ w/ Emilie  
8:00AM - TIGHTER ASSETS  
GRX w/ Karen  
9:00AM-ZUMBA  
GRX w/ Vanessa  
9:00AM- SG BARLATTES  
B&S w/ Jane  
10:00AM- MAT PILATES  
GRX w/ Kathleen

### SUNDAY

8:00AM - GROUP FIGHT  
GRX with Emilie  
9:00AM -CLUB CALIENTE  
GRX w/ Wendy  
10:00 - YOGA  
GRX w/ Tori



16 Aldrin Road, Plymouth MA  
508-746-7448

### FRIDAY

Room Guide:  
SR - Spin Room  
GRX - Group Exercise Room  
PFP - Plymouth Fitness Park  
B&S - Body and Soul  
SG - Small Group Class  
HDZ - HD Zone/ Turf